

# Life Issues

## Counselling & Support



## Sunbury Community Health supports people experiencing difficult issues in everyday life.

Our Counsellors and team of professionals can assist people experiencing mental health challenges, relationship and family crises, financial hardship and harms from alcohol or other drugs. Outside specialists also provide services and support alongside our staff, including: legal support, gamblers help and support for victims of sexual assault.

As well as individual counselling, we offer groups and other support services. All of our services are non-judgemental and confidential.



## Services:

- **Counselling**
  - Alcohol and Other Drugs
  - Counselling (general)
  - Counselling and Support for Seniors
  - Family Violence
  - Financial
  - Gambler's Help
  - Youth
- **Centre Against Sexual Assault (CASA) House**
- **Emergency Relief**
- **Family Services (family support)**
- **Group Support**
  - For adults
    - Men's Business (men's behaviour change)*
    - Moving On (for women)*
    - The Art of Change*
  - For children
    - Connecting Us*
- **Needle and Syringe Program**
- **Northern Community Legal Centre**

### Talk to us

If you want to talk to someone about our counselling or support services call us.



9744 4455

# Counselling

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## Alcohol and Other Drugs

This service helps people to reduce the harms that can come with alcohol and other drug use. Our Counsellors will help people address concerns around alcohol and or other drug use, related mental health problems and life's challenges.

## Counselling (general)

Our General counselling service helps people with personal issues that negatively affect their life. We support people to work through these issues so they can move toward a positive future. Our Counsellors can help people experiencing:

- relationships issues
- depression and anxiety
- perinatal depression and anxiety (PND)
- separation
- stress
- grief and loss

## Counselling and Support for Seniors

Information, support and counselling is available to older people in distressing situations, experiencing abuse and in need of help.



## Family Violence

This service supports women experiencing violence and abuse from a partner or ex-partner, or someone else they are close to. Our Counsellors help and empower women to make their own choices.

Our Moving On support group is available for women who are in or have been in hurtful relationships with family violence.

## Financial

This service provides support and advice to people with financial difficulties. Our Financial Counsellor can:

- give information about rights and options when in debt or about bankruptcy
- help set up payment arrangements
- talk with creditors
- help to organise other support if needed

**Lentara Uniting Care organise appointments for Financial Counselling. For more information or to arrange an appointment, call Lentara 1300 882 035.**

## Gamblers Help

Free and confidential counselling is available from Gambler's Help at Sunbury Community Health. Counselling is available for people who are struggling with gambling and also for people who are affected by their loved ones gambling.

**For more information or to arrange an appointment, call Gamblers Help 1300 133 445 (free call).**

## Youth

Our Youth Counsellor can help young people, aged 12–25, experiencing:

- depression and anxiety or other mental health issues
- school pressures
- issues with alcohol and other drugs
- grief and loss
- struggles with self esteem, identity or gender and sexuality



## Centre Against Sexual Assault (CASA) House

CASA House has services that recognise and promote the rights of victims of sexual assault. Support from CASA House is available at Sunbury Community Health. CASA House can:

- respond to an individual's concerns
- provide medical and legal assistance
- ensure the safety of the victim/survivor
- provide free, confidential and accessible services

**For more information or to arrange an appointment, call CASA House 9635 3610.**

## Emergency Relief

Organisations providing emergency relief in Sunbury:

- **CareWorks SunRanges** are a community relief centre located in Sunbury, servicing Sunbury and Macedon Ranges regions. For more information, call 9740 5061.
- **The Salvation Army** is located on 27–37 Anderson Road in Sunbury. For more information, call 9744 2095.
- **Northpoint** through Goonawarra Neighbourhood House (8 Gullane Drive Sunbury) has a food parcel service which is for anyone with a Health Care Card. For more information, call 9338 1898.
- **Vincent Care** can provide relief in the form of food vouchers. For more information, call 1300 305 330.

## Family Services (family support)

Our Family Services team support families experiencing difficult issues. Support workers work with families in their home, and can help by: talking through issues, developing practical skills in caring for children, providing links to services and working with them as needed.

**Child FIRST organise intake for this service. For more information, call Child FIRST 1300 786 433 (free call).**

## Group Support

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### For adults

#### **MEN'S BUSINESS**

Men's Business provides support for men who are creating problems in their lives because of violence, abuse or angry behaviour. The weekly program assists men to change the way they think and act so they can form more respectful relationships with their families, friends and colleagues.

#### **MOVING ON (FOR WOMEN)**

Moving On is an empathetic, informative and empowering group for women who have experienced or are experiencing hurtful relationships. This group is led by experienced counsellors.

#### **THE ART OF CHANGE**

This supportive group is for people who have, or have had, issues with addictive behaviours, drugs or alcohol and mental health. Six weekly sessions, focus on group discussions, overcoming life's issues and creating art.

### For children

#### **CONNECTING US**

Connecting Us is an eight week program for children, 8 to 10 years of age, who have a brother or sister with a disability. This program gives children the chance to meet others in a similar situation, have fun and share experiences.

## Needle and Syringe Program

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The Victorian Needle and Syringe Program is a major public health initiative. As a provider, Sunbury Community Health has available:

- needles and syringes
- sharps disposal containers
- sterile swabs

- condoms and health information
- options for the appropriate disposal of used injecting equipment

## Northern Community Legal Centre

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Northern Community Legal Centre has an outreach service available at Sunbury Community Health, by appointment only. They can assist with:

- family violence issues
- family law matters
- intervention orders
- traffic offences and/or fines
- car accidents
- neighbour issues
- consumer complaints

**For more information or to arrange an appointment, call Northern Community Legal Centre 9310 4376.**

## Cost for services

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Most of the services listed are free.

There is a cost for Counselling (general). It will usually cost either: \$9, \$15 or \$25 depending on your income. If you are worried about cost, talk to us.

There is also a cost for the Men's Business group. Call us for details.

All other counselling and support services are free.



# Crisis and Emergency Service Contacts

## Emergency Services

Emergency services are available 24 hours seven days a week.

SERVICE	PHONE
Ambulance, fire or police	000
Royal Children's Hospital	9345 5522
State Emergency Services	13 25 00
Nurse on Call	1300 606 024
Poisons Information	13 11 26

## Crisis and Support Services

Services listed are available 24 hours seven days a week, unless marked with \*\*.

### ALCOHOL AND OTHER DRUGS

DirectLine	1800 888 236
Family Drug Help	1300 660 068

### CHILDREN, FAMILY AND YOUTH

Child Protection Northern Division	1300 664 977
Kids Helpline	1800 551 800
Men's Line	1300 789 978
Mental Health Youth Assessment Team /RCH Mental Health Intake Service	1800 445 511
**Parent HelpLine (8am to midnight)	13 22 89
**National Perinatal Anxiety and Depression Helpline (PANDA)	1300 726 306

SERVICE	PHONE
<b>DOMESTIC VIOLENCE</b>	
CASA House	9635 3610
Sexual Assault Crisis Line	1800 806 292
Women's Domestic Violence Crisis Service	1800 015 188

### EMERGENCY FOOD RELIEF

**CareWorks SunRanges Inc	9740 5061
**The Salvation Army	9744 2095

### GAMBLING

Gambler's Helpline	1800 858 858
Gambler's Help Youthline	1800 262 376

### HOUSING

**Vincent Care	1300 305 330
Homelessness Support Line	1800 825 955

### LIFE ISSUES

**Beyond Blue	1300 224 636
Lifeline	13 11 14
**Salvation Army Crisis (9am to 11pm)	1800 627 727
Suicide Helpline	1300 651 251

## Contact Us

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Monday to Friday: 8.30 am – 5 pm

Tel: 9744 4455

Fax: 9744 6777

Email: [admin@sunburychc.org.au](mailto:admin@sunburychc.org.au)

FB: [www.facebook.com/SunburyCH](http://www.facebook.com/SunburyCH)

[www.sunburychc.org.au](http://www.sunburychc.org.au)



# Sunbury

COMMUNITY HEALTH

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12-28 Macedon Street  
Sunbury, VIC 3429

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**Sunbury Lions  
Community Aged Care**  
29 Timins Street  
Sunbury, VIC 3429

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Sunbury Community Health, Sunbury Lions Community Aged Care and Our Village Family Childcare are all business names of Sunbury Community Health Centre Ltd.

May 2018